20. **LOOSELY** attach one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY between the **FLATS** at the **BOTTOM** of the **MAIN FRAME**, using one (1) 3/8 x 2-1/2 IN. BOLT, two (2) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUTS. **(SEE DETAIL C)**

21. **LOOSELY** attach one (1) 4-1/2 O.D. X 1 IN. BUSHING PULLEY between the **FLATS** at the **TOP** of the **MAIN FRAME**, using one (1) 3/8 X 2-1/2 IN. BOLT, one (1) CABLE RETAINING CLIP, one (1) 3/8 IN. WASHER, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT. **(SEE DETAIL D)**

22. **AT THIS TIME TIGHTEN ALL LOOSE FRAME CONNECTIONS MADE TO THIS POINT.**

23. Attach the WEIGHT STACK LABELS **(15-205)** to the **WEIGHT STACK PLATES. (SEE DETAIL B)**

24. Use the WEIGHT STACK PIN to adjust the desired number of **WEIGHT PLATES** on the **WEIGHT STACK.**

25. Attach the **SEAT PAD** to the **SEAT PLATES** on the **PENDULUM FRAME**, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

26. Attach the **SEAT BACK PAD** to the **BRACKET FLATS** of the **BACK REST TUBE** on the **PENDULUM FRAME**, using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(SEE DETAIL E)**

27. To install the **CABLE ASSEMBLY**, start by attaching the **SWIVEL CONNECTOR** of the **CABLE** to the **TAB** on the end of the **SEAT ADJUSTMENT TUBE**, using the **CLEVIS PIN** and the **WIRE RING** of the **SWIVEL. (SEE DETAIL E)**

28. Route the **CABLE** under and around the back side of the **LOWER PULLEY**, and up and around the back side of the **UPPER PULLEY. (REMOVE PULLEYS FOR EASE OF INSTALLATION)**

29. Pass the **CABLE** through the hole of the **UPPER CROSS TUBE** and down to the **HEAD PLATE.** Attach the **CABLE** to the **HEAD PLATE ASSEMBLY** by threading the **STUD** into the **WEIGHT STACK SHAFT** and tighten completely. **(SEE CABLE ROUTING DIAGRAM) (DETAIL E)**

30. **TIGHTEN ALL LOOSE PULLEY CONNECTIONS MADE TO THIS POINT.**

31. Slide two (2) 1-1/4 X 5 IN. GRIPS over the **HANDLES** of the **PENDULUM FRAME. (NOTE: IF A LUBRICANT IS REQUIRED, RUBBING ALCOHOL THOROUGHLY COATING THE INSIDE OF THE GRIP IS THE BEST MATERIAL TO USE)**

32. Attach the two (2) 2-1/2 X 9 IN. NON SKID STRIPS to one end of the **GLUTE KICK TUBE. (WRAP EACH SKID STRIP AROUND OPPOSITE CORNERS AS SHOWN ON DRAWING)** Also insert one (1) 1-3/4 IN. SQ. END CAP into the same end. Then insert the opposite end of the **GLUTE KICK TUBE** into the **RECEIVING WELL** on the **BACK CORNER** of the **MAIN FRAME.**

PARABODY INC.

SELECTORIZED LEG PRESS
062

PRODUCT ASSEMBLY INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- **3/4 INCH SOCKET**
- **9/16 INCH SOCKET**
- **ADJUSTABLE WRENCH**
- **5/32 ALLEN WRENCH**
- **HAMMER or RUBBER MALLET**

REVISION: F

If you experience any problem with the assembly of this product, please contact your dealer or your PARABODY Customer Service Representative at:

1-800-328-9714

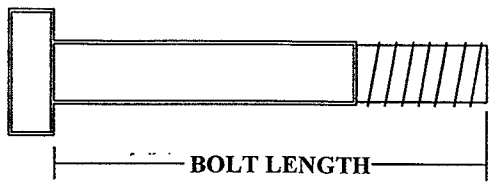
062 SELECTORIZED LEG PRESS ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

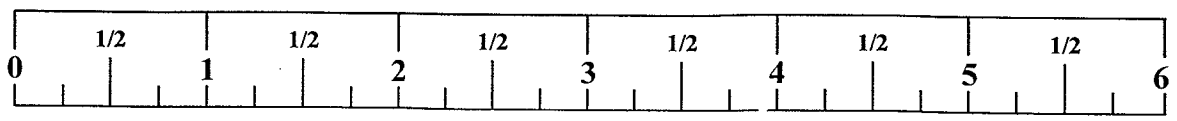
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 3-1/4 IN. BOLT	4
2.	3/8 X 2-1/2 IN. BOLT	2
3.	3/8 X 1-1/2 IN. BOLT	1
4.	3/8 X 1-1/4 IN. BOLT	5
5.	1/2 IN. WASHER	8
6.	3/8 IN. WASHER	8
7.	1/2 IN. LOCK WASHER	4
8.	3/8 IN. LOCK WASHER	8
9.	1/2 IN. NUT	4
10.	3/8 IN. NUT	3
11.	WEIGHT STACK PIN	1
12.	KNOB	1
13.	PLUNGER **(6307301)**	1
14.	SPRING	1
15.	SPACER	1
16.	COTTER PIN	1
17.	5/16 IN. SET SCREW	2
18.	3/4 I.D. FLANGE BEARING	2
19.	CABLE RETAINING CLIP	1
20.	CLEVIS PIN	2
21.	2 IN. SQ. END CAP	6
22.	1-3/4 IN. SQ. END CAP	1
23.	RUBBER O-RING	2
24.	CAP PLUG	2
25.	WEIGHT PLATE BUSHING	40
26.	WEIGHT STACK CUSHION	3
27.	1-1/4 X 5 IN. GRIP	2
28.	4 X 17 IN. NON SKID STRIP	4
29.	2-1/2 X 9 IN. NON SKID STRIP	2
30.	LUBRICANT	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



062 SELECTORIZED LEG PRESS ASSEMBLY INSTRUCTIONS

7. Insert one (1) 2 IN. SQ. END CAP into the end of **BACK REST TUBE** on the **PENDULUM FRAME.**

8. Insert two (2) 3/4 I.D. FLANGE BEARINGS into each end of the **PIVOT TUBE** on the **TOP** of the **PENDULUM FRAME. (THIS STEP MAY BE PRE-ASSEMBLED)**

STOP: BEFORE BEGINNING STEP 9, THE SEAT ADJUSTMENT TUBE MAY BE PRE-ASSEMBLED, IF SO REMOVE IT FROM THE FRONT END OF THE PENDULUM FRAME. TURN IT SO THAT THE TAB AT THE FRONT OF THE SEAT ADJUSTMENT TUBE IS FACING UP. RE-INSERT IT INTO THE FRONT END OF PENDULUM FRAME. SEE DETAIL E.

9. Insert the **SEAT ADJUSTMENT TUBE** into the **FRONT** end of the **PENDULUM FRAME**. Pull back the SPRING PIN ASSEMBLY, and advance the **SEAT ADJUSTMENT TUBE** all the way in. **(MAKE SURE TAB AT THE FRONT END OF THE SEAT ADJUSTMENT TUBE IS UP SEE DETAIL E)**

10. **SECURELY** fasten one (1) 3/8 X 1-1/4 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. NUT to the hole in the **REAR** of the **SEAT ADJUSTMENT TUBE**, on the **UNDER SIDE** of the **PENDULUM FRAME** between the **SLOT**. **(SEE DRAWING) (SEE DETAIL G)**

11. Insert one (1) 2 IN. SQ. END CAP into the end of the **PENDULUM FRAME** below the **BACK REST TUBE.**

12. Attach the **PENDULUM FRAME** to the **MAIN FRAME**, by sliding the **PIVOT AXLE** through the **COLLARS** on the **PIVOT TABS** of the **MAIN FRAME**, and through the **PIVOT TUBE** at the **TOP** of the **PENDULUM FRAME**. Thread two (2) SET SCREWS into both **COLLARS** and tighten. **(SEE DRAWING) (THIS STEP MAY BE PRE-ASSEMBLED)**

13. Press two (2) WEIGHT PLATE BUSHINGS each, into the **TOP** of twenty (20) **WEIGHT PLATES. (FORTY BUSHINGS TOTAL) (SEE DETAIL B)**

14. Place each of the two (2) WEIGHT STACK CUSHIONS **(RADIUS EDGES FACING UP)** over the guide rod holes on the **MAIN FRAME**. Insert each of the two (2) **GUIDE RODS** through the WEIGHT STACK CUSHIONS and into the **MAIN FRAME**. Apply a thin film of LUBRICANT to the **GUIDE RODS.**

15. **SECURELY** assemble the **WEIGHT STACK SHAFT** to the **HEAD WEIGHT PLATE**, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER. **(SEE DETAIL F)**

16. **USING EXTREME CARE**, slide each of the twenty (20) **WEIGHT PLATES** down over the **GUIDE RODS** and onto the **MAIN FRAME. (NOTE: THE KEY HOLE OF THE WEIGHT PLATES SHOULD ALL BE FACING THE FRONT OF THE UNIT. SEE DRAWING)**

17. Slide the **HEAD PLATE ASSEMBLY** down over the **GUIDE RODS** onto the **WEIGHT STACK**. Also slip two (2) RUBBER O-RINGS over the ends of the **GUIDE RODS.**

18. Press two (2) CAP PLUGS into the top of the two (2) **GUIDE RODS.**

19. Insert two (2) CLEVIS PINS through the holes of the **UPPER CROSS TUBE** on the **MAIN FRAME**, and into the CAP PLUGS on the ends of the two (2) **GUIDE RODS**. Then slide the RUBBER O-RINGS up to the top of the **GUIDE RODS.**

062 SELECTORIZED LEG PRESS ASSEMBLY INSTRUCTIONS

IMPORTANT:

- **THE BODYSMITH SELECTORIZED LEG PRESS MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.**
- **PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.**

*** IMPORTANT ***
KEEP ALL LOOSE FRAME CONNECTIONS LOOSE UNTIL INSTRUCTED IN THE ASSEMBLY STEP SEQUENCES TO SECURELY TIGHTEN

1. Insert two (2) 2 IN. SQ. END CAPS into the **ENDS** of the **BASE SECTION**.

2. **LOOSELY** assemble the **MAIN FRAME** to the **BASE SECTION**, using four (4) 1/2 X 3-1/4 IN. BOLTS, eight (8) 1/2 IN. WASHERS, four (4) 1/2 IN. LOCK WASHERS, and four (4) 1/2 IN. NUTS.

3. Insert two (2) 2 IN. SQ. END CAPS into the top of each **ANGLED FOOT PLATE TUBE** on both sides of the **MAIN FRAME**.

4. Attach four (4) 4 X 17 IN. NON SKID STRIPS to the **ANGLED FOOT PLATE** on the **MAIN FRAME**, as shown on drawing.

5. Slide one (1) WEIGHT STACK CUSHION over the **PIN STOP** at the **BASE** of the **MAIN FRAME**.

6. Assemble the SPRING PIN ASSEMBLY to the **PENDULUM FRAME**, using one (1) KNOB, one (1) PLUNGER, one (1) SPRING, one (1) SPACER, and one (1) COTTER PIN, using the following steps:

   A. Assemble the KNOB to the PLUNGER.
   B. Insert the PLUNGER through the first **HOUSING** and through the first hole of the second **HOUSING**.
   C. Slip the SPRING and the SPACER over the end of the PLUNGER, **(IN THAT ORDER)**
   D. Insert the PLUNGER through the second hole of the **HOUSING**.
   E. Pull back the SPACER on the PLUNGER and insert the COTTER PIN through the hole.
   F. **(SEE DETAIL A)**

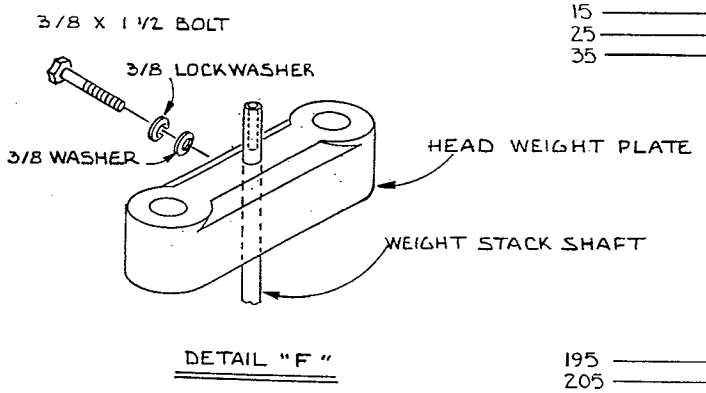
062 SELECTORIZED LEG PRESS ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

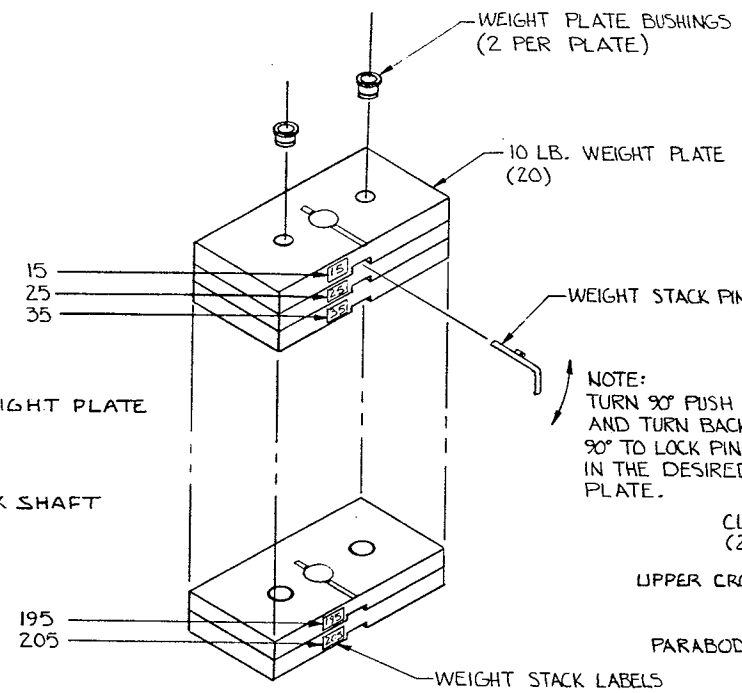
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	MAIN FRAME	**(6305502)**	1
2.	BASE	**(6304102)**	1
3.	SEAT ADJUSTMENT TUBE	**(6304301)**	1
4.	PENDULUM FRAME	**(6304702)**	1
5.	PIVOT AXLE	**(6308101)**	1
6.	GLUTE KICK TUBE	**(6308601)**	1
7.	GUIDE ROD	**(6306401)**	2
8.	WEIGHT STACK SHAFT	**(6284501)**	1
9.	HEAD WEIGHT PLATE	**(6223001)**	1
10.	WEIGHT PLATE	**(6214501)**	20
11.	CABLE ASSEMBLY	**(6307401)**	1
12.	WEIGHT STACK LABELS	**(6246801)**	1
13.	SEAT PAD	**(6275901)**	1
14.	SEAT BACK PAD	**(6276001)**	1
15.	4-1/2 O.D. X 1 IN. BUSHING PULLEY	**(3116101)**	2

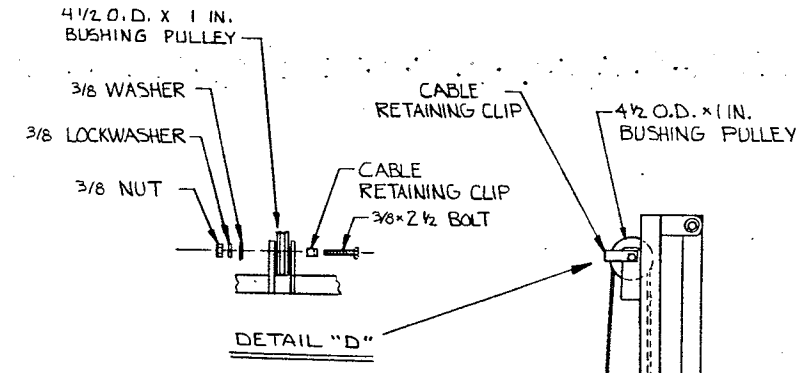
A	NEW RELEASE			
B	ADD U.S.A. LABEL	1914	BJS	9/92
C	ADDED BACK PAD, LOC. NOTE	~	JKH	3/93
D	REV'D TITLE	2257	JK	1/4/1



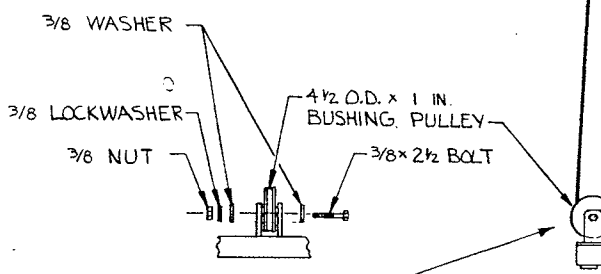
DETAIL "F"



DETAIL "B"


4 1/2 O.D. X 1 IN. BUSHING PULLEY
3/8 WASHER
3/8 LOCKWASHER
3/8 NUT
CABLE RETAINING CLIP
CABLE RETAINING CLIP
3/8 X 2 1/2 BOLT
4 1/2 O.D. X 1 IN. BUSHING PULLEY

DETAIL "D"



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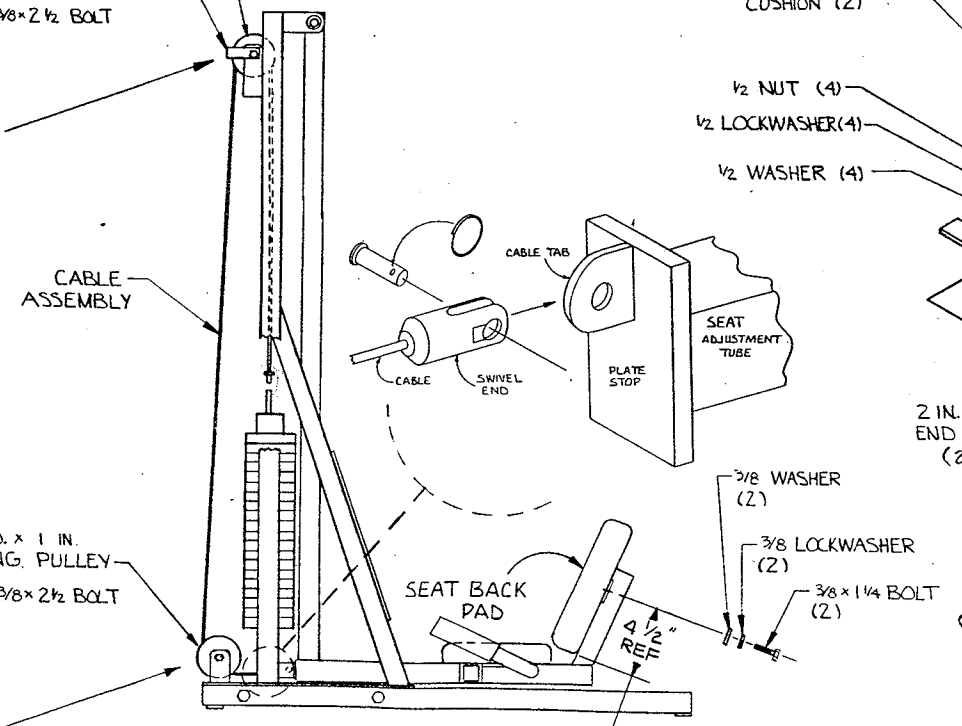

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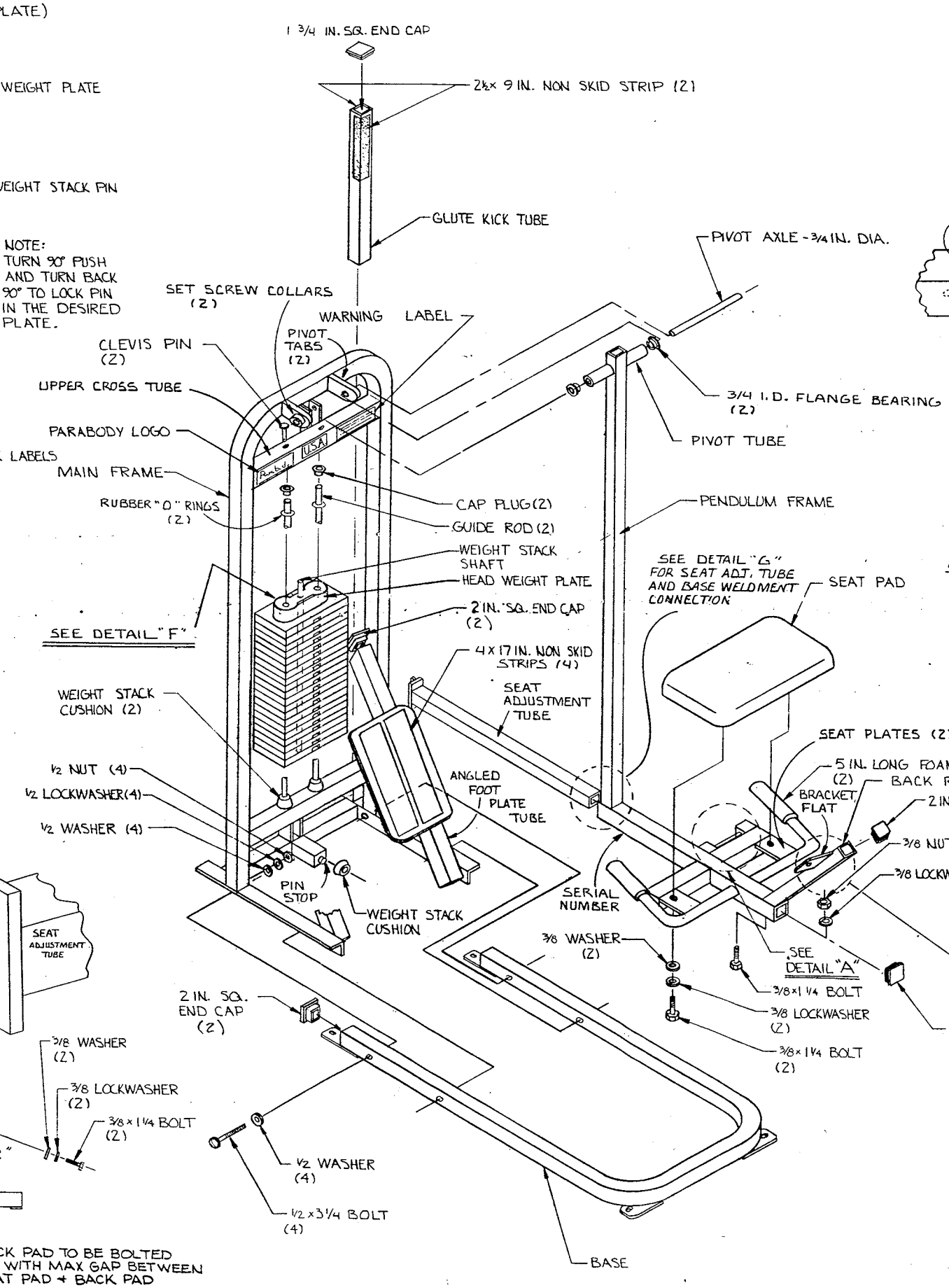

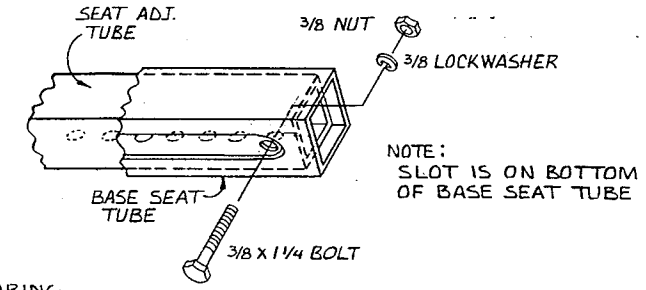

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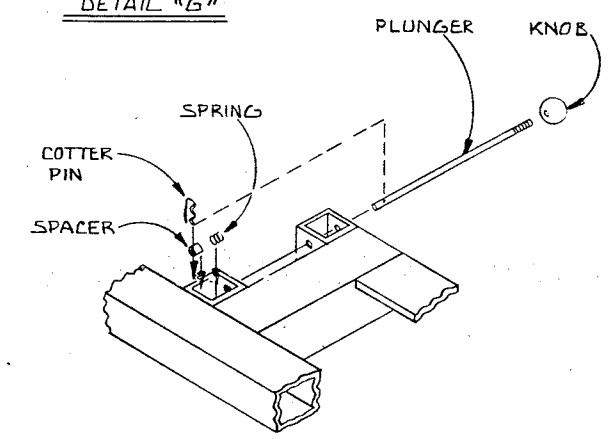

DETAIL "A"

TOLERANCES (EXCEPT AS NOTED)	ParaBody, Inc. RAMSEY, MINNESOTA		
DECIMAL ±	TITLE ASSY DRAWING 062101	DR NL	5-15-92
		CHK'D	
FRACTIONAL ±		APP'D PJE	5/15/92
ANGULAR ±	SCALE ~ SHEET 1 OF 1	SIZE D	DRAWING NO. 63945